

# Mental Health Resources List

## Explaining about Coronavirus



Resource	Produced by	E-mail address	Notes
ROBert explains the corona virus to children	PLAYMOBIL	<a href="https://tinyurl.com/v2agaru">https://tinyurl.com/v2agaru</a>	This excellent video explains the corona virus to young children using PLAYMOBIL to help explain in a way that children can understand what is happening right now.
Coronavirus explained in Makaton	Holly Rankin, is the Special Educational Needs Advisor at Ineqe	<a href="https://www.youtube.com/watch?v=9OS8vbjr2-Q&amp;feature=youtu.be">https://www.youtube.com/watch?v=9OS8vbjr2-Q&amp;feature=youtu.be</a>	Children with a range of SEND needs may be struggling right now, perhaps through lack of routine or not understanding how things are.
Beating the virus Good days and bad days during lockdown When someone dies from coronavirus	Books Beyond Words	<a href="https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus">https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus</a>	Three short wordless stories that will help people to understand the current crisis.
Talking to children about Coronavirus	The British Psychological Society	<a href="https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus">https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus</a>	It is vital to talk openly to children and reassure them about the changes they are seeing around them due to coronavirus

Children's guide to coronavirus	Children's Commissioner	<a href="https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/">https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/</a>	The guide aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.
Pretend Party	Liz Grey	<a href="https://www.tes.com/teaching-resource/have-a-pretend-birthday-party-during-the-coronavirus-12271060">https://www.tes.com/teaching-resource/have-a-pretend-birthday-party-during-the-coronavirus-12271060</a>	For those children missing out on their birthday parties this resource helps you to create a pretend birthday party at home.
Coronavirus – A Book for Children	Nosy Crow	<a href="https://nosycrow.com/">https://nosycrow.com/</a>	
Talking to a child worried about coronavirus (COVID-19)	NSPCC	<a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/</a>	
Coronavirus – supporting bereaved children	Child Bereavement UK	<a href="https://tinyurl.com/y8hule7v">https://tinyurl.com/y8hule7v</a>	
A wide variety of videos for children about the virus	You Tube	<a href="https://www.youtube.com/watch?v=WKS_WMwis9k">https://www.youtube.com/watch?v=WKS_WMwis9k</a>	
Explaining the Coronavirus to Children	inEQE Safeguarding Group	<a href="https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/">https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/</a>	Animation & Story Book